

# WHAT'S YOUR Y STORY?

The best story will be featured with a cover photo in a future NSYMCA program guide!

Submit your story in 100 words to **Sari Glazebrook** at [Sglazebrook@nsymca.org](mailto:Sglazebrook@nsymca.org) or share it on our Facebook page!

Participants receive a \$25 voucher towards Y classes and may appear in the Y Stories ad campaign.

Why do you come to the Y?

What's your favorite Y memory?

How has the Y affected your life?

For Youth Development. For Healthy Living. For Social Responsibility.

## Y STORIES



Tracy Swafford with her daughters.

The NSYMCA Makes a Real Difference in Real Lives.

Welcoming facilities, friendly staff, exciting classes, dependable childcare – these are all advantages that participants at the North Suburban Y enjoy, and maybe take for granted. But did you know that one out of six families using our Y need financial assistance? Here's the story of one Y family, and of the central role that the Y plays in their daily lives.

For Tracy Swafford, the Y is a key source of family support for her and her twin daughters, Sammie and Maddie. Tracy grew up in Y programs herself: "I put on my first leotard here at age three," she remembers. "I learned to swim at age five with my mom watching me from the second floor on the same gold benches that are still there." Now a working single mom with a limited income, she has benefited from the Y's Strong Kids Fund that keeps programs accessible to everyone through financial assistance. Childcare at the Y enables her to work full-time with the confidence that her daughters are having the same type of experiences she enjoyed. "Knowing your children are being cared for by an educated, experienced, loving staff, and having a terrific time at the Y, is the greatest feeling in the world! It has become a valuable part of my life."

**DO YOU HAVE A Y STORY TO SHARE?**

Write to us! You could be featured in a future Y Stories ad, and WIN a \$25 gift certificate toward Y classes!

**HOW HAS THE Y CHANGED YOUR LIFE?**

Send your story to:  
Sari Glazebrook  
[sglazebrook@nsymca.org](mailto:sglazebrook@nsymca.org)



The North Suburban YMCA  
2705 Techny Road  
Northbrook, IL 60062  
(At Pfingsten and Techny)

847-272-7250  
[www.nsymca.org](http://www.nsymca.org)



North Suburban YMCA  
2705 Techny Road,  
Northbrook, IL 60062

[www.nsymca.org](http://www.nsymca.org)  
847-272-7250

